



FREE LIFE-CHANGING ONLINE PARENTING COURSES

In these video-based, interactive classes—available 24/7—you'll learn a consistent, encouraging style of parenting that will benefit you and your children for a lifetime. With this self-study course, you have the option of when to participate based on your own schedule and at your convenience. Gain additional insight from your online group leaders as they provide support and feedback.

Choose from four available courses:

- **Active Parenting: First Five Years:**
For parents of children from birth to age 5
- **Active Parenting 4th ED:**
For parents of children ages 5 to 12
- **Active Parenting of Teens:**
For parents of preteens and teens
- **Crossroads of Parenting & Divorce:**
For divorced and divorcing parents

Continue your experience as an "active" parent by reviewing what you learn in the class in your accompanying parent guide. Each guide contains additional information, activities, and worksheets to help you practice what you learn.

Visit [ACFCcares.com](https://www.acfccares.com) for more information and to start your Active Parenting journey today.

Parenting Lessons From the Super Bowl

The journey to the Super Bowl begins with laying a robust foundation. Coaches begin by honing the players' abilities, fostering discipline, and underscoring the role of physical and mental fitness. Similarly, parents play a crucial role in shaping their children's character by instilling fundamental life skills, promoting good communication skills and emphasizing the importance of physical, emotional and mental wellness. Building this foundation with young children can be accomplished through play where children can grasp and apply these life skills in a fun, engaging manner. This approach not only makes the learning process enjoyable but also ensures that the lessons are retained. As children get older, simple activities like preparing a meal together can teach children the value of hard work, time management and the importance of nutrition. A family hike can instill discipline, demonstrate the importance of physical fitness and show them the beauty of nature.

Just as football drills focus on enhancing different skills, parents can use everyday activities to build upon various life skills. This hands-on approach not only equips children with important life skills but also strengthens the parent-child bond. By laying a solid foundation early on, parents can set their children up for success, much like how a well-prepared football team is set for a successful season leading up to the Super Bowl.

Just as teamwork forms the lifeblood of a football team's journey to the Super Bowl, the same principle applies in the sphere of parenting. The family unit is a team and a harmonious, cooperative environment is vital for the team to function effectively. Fostering this sense of unity and mutual respect is the responsibility of parents. A powerful tool to encourage this is through regular family activities that require teamwork. These could range from board games, football, or other sports and chores that involve everyone's participation, like gardening or cleaning.

Creating an atmosphere of open dialogue is equally significant. Encouraging children to share their thoughts and feelings can foster a sense of trust and understanding, giving them the confidence to voice their opinions and concerns. This freedom of expression promotes a culture of respect, where each team member's thoughts are valued and considered. In a family, each member has their own unique contributions to make. Recognizing these individual contributions and appreciating them is another critical aspect of fostering teamwork. When children see their efforts acknowledged and appreciated, it cultivates a sense of belonging and empathy. They learn to value the work of others and understand the importance of each person's role within the team.

Just like a football coach helps each player understand their role for the overall success of the team, parents can guide their children to realize how their actions and contributions impact the family as a whole. This understanding can not only enhance familial relationships but also prepare children for future teamwork scenarios they may encounter outside the family environment.

To learn more about effective parenting skills, visit the Active Parenting Online Video Library. These helpful videos are offered free of charge by the ACFC in partnership with Active Parenting. Guidance and help are available for parents of children of all ages. To access the Online Video Library, go to the **[ACFC website](https://www.acfc.org)**, click on the Active Parenting tab, and follow the instructions on how to